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OUR NEXT ISSUE
OCT 9, 2013

Privacy please

Students should know rights in the online age

BY CHELSEY SCHWEITZER
STAFF WRITER

New technology not only allows students to shop from home and connect with friends all over the world, but it allows a new generation of identity thieves and scammers to operate on a larger scale.

In this generation, technology has become a big part of our culture and social media has dominated in the field of communication.

This widespread use of technology poses new risks to the security of students' personal information and raises questions regarding how safe their information really is.

Despite security programs and privacy settings, the truth is that personal information can still be stolen by those who know how to manipulate the system.

Scattered throughout the Internet, there are scams that are designed to lure unsuspecting people into divulging personal information, otherwise known as phishing.

This can be especially dangerous for students who shop on the Internet for deals that fit within their college budget. In an article



Arne Svenson Surveillance Photography featured in the Julie Saul Gallery, New York.

called "Seven Principles for Systems Security" written by Dr. Frank Stajano from the University of Cambridge and Paul Wilson, the host of BBC's TV show The Real Hustle, it is revealed that the scamming "industry" is evolving as society is.

Stajano and Wilson say that "scammers have done their homework and know a lot about human psychology. Now scam websites often have a very professional look and are designed to make you think they are a reputable business."

These scam websites can easily pose as a business and take someone's personal information, such as a credit card number, before the average person is aware they are a victim.

In addition to the threat of scammers taking personal information, there is also the risk posed by social media.

With blogs, Twitter and Facebook it has become easier for sensitive personal information to be disclosed to the general public.

It is specifically stated on social media sites such as

Facebook that a person's friends can post information from their public accounts even if the person had privacy settings.

Many people post their birth dates on their social media sites in addition to their gender, full name and picture.

Computer hackers obtain social security numbers, which can lead to financial disaster if it falls into the wrong hands.

Identity thieves can use this information to apply for credit cards that the actual person knows nothing

about. They can run up extensive charges in their name and destroy their credit without their knowledge.

Students can avoid identity theft or the unwanted use of personal information by taking a few simple precautions.

"I had a business teacher at Palomar once recommend that we photocopy everything in our wallets in case our wallets or credit card numbers were ever stolen, as it's easier to cancel cards quickly," Sarah Hughes, a CSUSM student, said.

When shopping online, be sure to use only trusted sites. When utilizing social media, make sure to read through the privacy agreement carefully and let friends know what information is not okay to re-post or link to.

Most importantly, make sure that credit card and social security numbers are carefully guarded and not available through the Internet.

If a credit card is being used fraudulently, make sure to cancel it immediately.

Finally, run a free credit report annually to make sure no accounts have been created without the owner's knowledge.

Taking time for World Gratitude Day

BY SARAH HUGHES
NEWS EDITOR

Students need to focus a little less on the stresses of school and more on their sense of wellness.

With all that school and work demand from them, very few CSUSM students are spending adequate amounts of time each day focusing on critical emotions like being grateful, calm and positive. Even fewer students were aware of the recent event that was dedicated to promoting mental and spiritual wellness.

Word Gratitude Day, which took place on Sept. 21, is an international awareness day, created in 1977 by the United Nations Meditation Group. This past Saturday marked its thirty-fifth year of celebration. The day was instituted to encourage people to show appreciation and find gratitude for the positive aspects of

their life. Most people interpret it as a day to be thankful for the simple blessings in life and to show their gratitude in little gestures.

When considering whether or not gratitude is something that CSUSM students should be concerned about, it is important to look at qualified sources on what one should strive for in order to have a healthy personality and how this might affect one's health.

A lot of scientific studies have been done on the subject of gratitude and how it affects one's mental and physical health. Notably, one published in a Jan. 2013 journal, Personality and Individual Differences, found that grateful people tend to report better physical health, which is connected to patterns of their being of better psychological states, being active and seeking help in health concerns.

The study, Examining the pathways between grati-



Image created by Anne Hall

tude and self-rated physical health across adulthood, was conducted by Patrick L. Hill and Brent W. Roberts of the Department of Psychology, University of Illinois at Urbana-Champaign, IL, USA, and Mathias Allemand of the Department of Psy-

chology, University of Zurich, Zurich Switzerland.

The study surveyed gratitude in terms of a predominating outlook of appreciation and attention to the positive in life.

The study focused "on how traits predict interme-

diary mechanisms by which to promote health, rather than asserting direct effects."

This is different than previous approaches, because measuring physical health factors was more important (See **GRATITUDE** on page 2).

What students should know about Syria

By ZACH SCHANZENBACH
STAFF WRITER

Politicians have been saying for weeks how important Syria is, but CSUSM students don't realize how much it can directly affect their lives.

After weeks of discussing the matter, it looks as though Syria, Russia and the USA have reached an agreement regarding Syria's chemical weapons. Regardless, this seems to have eased little tension.

The main idea of the deal, according to President Barack Obama, was simple and really straightforward: to "mov[e] Syria's chemical weapons under international control so that they may ultimately be destroyed."

Anyone who has been keeping tabs on the news knows what Syria has been up to with its civil war and chemical weapons.

Syrian president Bashar al-Assad headed a shocking chemical weapons attack on Syrian rebels, killing 1,429 people.

The US government had seemingly no hesitation in considering an airstrike in retaliation until Russian president Vladimir Putin, an ally of Syria, warned against it. A peaceable solution was discussed, and it looks like



War hits closer to home than some people assume. Image provided by Anne Hall

a deal has been reached.

Still, skepticism remains, as Republican Senator John Barrasso of Wyoming insists that Russia can't be trusted on getting rid of Syria's chemical weapons.

"Moscow is not even complying with a commitment

to eliminate its own chemical weapons," Barrasso said.

In addition, President Obama and Secretary of State John Kerry, both Democrats, are still willing to order an active military intervention. If Syria decides to backstab, the US may just do that.

This is certainly cause to worry for any CSUSM students who are in the military or are related to someone in the armed forces, as one's education could be delayed significantly.

Added is the possibility that some soldiers may

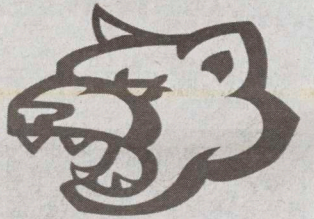
not come back, and there is good reason to oppose a military strike against Syria.

As for the rest of the nation, after spending years at war in Iraq, it may come as no surprise that "the American people are overwhelmingly opposed to another war."

To CSUSM student, Anne Hall, another war could further divide the nation's resources from critical issues on its own soil. Hall is a veteran of the United States Coast Guard, who served as a Marine Science Technician.

"The plight in Syria is a humanitarian issue. I have found that every country suffers from life threatening struggles. They may appear less drastic in the United States but we have issues of our own that are constantly overlooked and ignored. To become involved in the actions and events that take place in Syria would mean that we should also participate in acting with humanitarian efforts to help South America, Mexico, and various other regions. I don't find starting a war an answer to anything," said Hall.

Syria had until Sept. 21 to report to the United Nations as to where all their chemical weapons are located. The US and Russia have been assigned to place these dangerous weapons under international control with the ultimate goal of destroying them.



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way that CSUSM students can feel more positive and relaxed in the midst of the immense stress that college can create. Students should familiarize themselves with more events that occur annually to promote a healthy lifestyle and mind.

Other international days of awareness include International Literacy Day on Sept. 8, International Chocolate Day on Sept. 13, Software Freedom Day on Sept. 15, International Day for Preservation of the Ozone Layer on Sept. 16, Talk Like a Pirate Day on Sept. 19, World Car-Free Day on Sept. 22 and Inventor's Day on Sept. 29.

Paid Internship Opportunity For full-time undergraduate students:

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(Gratitude continued from page 1). to the researchers than measuring how a more appreciative person might approach conflict differently than a non-appreciative person. The study surveyed 962 Swiss adults, ages 19 to 84, of varying educational and

marital backgrounds. Participants were given a gratitude questionnaire that measured how much they considered life and their personal situation a blessing. They were also given a health survey that measured their psychological and physical health.

They were examined for their attitudes on healthy activities, in regards to nutrition, exercise, personal well-being, social well-being and drug use. Participants were also interviewed on their willingness to seek medical help for health concerns using hypothetical case scenarios. In addition, their person-

alities were taken into consideration, rating them on levels of extroversion, agreeableness, conscientiousness, neuroticism and openness.

The researchers cite previous studies, including how conscientiousness and optimism have been linked to better health, and better behaviors that promote health.

"Grateful individuals tend to report greater vitality and agency, along with less anxiety. In addition, gratitude is linked to traits indicative of better physical health, including conscientiousness, emotional stability and optimism," the report said.

Previous studies have utilized regular diaries in which participants write down something they are thankful for, and review it at a later time. Various bloggers and writers have encouraged similar ideas, either daily or weekly.

But why should CSUSM students really even care about being more optimistic or grateful? Many could argue that doing so makes no major impact on themselves.

However, it is suggested that thoughtful gestures, the giving of one's resources or volunteering time have a positive affect on the giver.

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An athlete's super hero

By RUTH MORALES
STAFF WRITER

Michelle Hamilton works diligently every year to keep athletes healthy as the head athletic trainer.

Her daily routine is overwhelming, interesting and full of challenges. For students that are not really into sports, they are most likely not familiar with the job of an athletic trainer. Maybe they have seen them on television, running out onto the field to attend to an injured player.

The athletic trainer might seem to blend in with the coaches and players, however they are extremely important to an athlete's career.

Here at CSUSM, Hamilton sees to it that student athletes play and compete in a safe manner for their physical well-being. As a head athletic trainer, her job is far from easy.

She has to oversee the well-being of about 320 ath-

letes and sees approximately 50 per day. Hamilton's job frequently takes her out of the office, and she must have a plan in case an emergency does happen out on the fields.

Unfortunately, she has had to execute an emergency plan many of times during her career. She is always fully prepared with a plan reviewed by coaches, campus police, city police and paramedics.

Whether it is a game day or not, there is no such thing as a typical day for Hamilton. Her day consists of making evaluations on injuries, finding the best treatments, meetings with coaches, making restriction plans for athletes and providing rehab methods. She also preps teams for practice and tends to their pains once they are done.

Hamilton's achievements are backed by 17 years of experience prior to CSUSM. Besides working with student athletes, she also works with student interns. She



Michelle Hamilton working her magic at CSUSM by Blanca Sarabia

recommends that interns learn to be good communicators. She said that they should do more than just treat an injury and really lis-

ten to the athletes. It is not a knee that they are treating; it is a person. Building trust is key for an athletic trainer. At the end of a very long

day, this super hero might feel frustrated from all of her hard work. Yet if she was given the opportunity to go back and change careers, she

would choose hers all over again. According to Hamilton, "healthcare + student population + sports = the best career."

Get Out!

Fun for big kids

By ALISON SEAGLE
STAFF WRITER

Students who are looking for an activity to get their hearts pounding and their feet high up off the ground

should get over to Solid Rock Indoor Rock Climbing Gym.

Solid rock offers Cal State San Marcos students a convenient, unique and fun way to get out and be active. It's an easy hop, skip and a jump to get there from campus after class.

The walls at Solid Rock vary considerably in order to challenge climbers of all different experience levels. The gym features top roping,

lead areas for sport climbing, bouldering, a tight rope and weights. Solid Rock changes its climbing routes throughout the year to offer climbers fresh routes to venture.

Solid Rock offers many different deals throughout the week. College night is Mondays and Thursdays from 4 p.m. to 9 p.m.

Students with an ID can receive entry, shoes, harness, chalk and a belay lesson for

only \$10. Wednesdays and Fridays are Ladies' Nights, when ladies can get the same deal offered on college night.

Every Tuesday is T-shirt Tuesday, where wearing a Solid Rock t-shirt will also give you the \$10 deal.

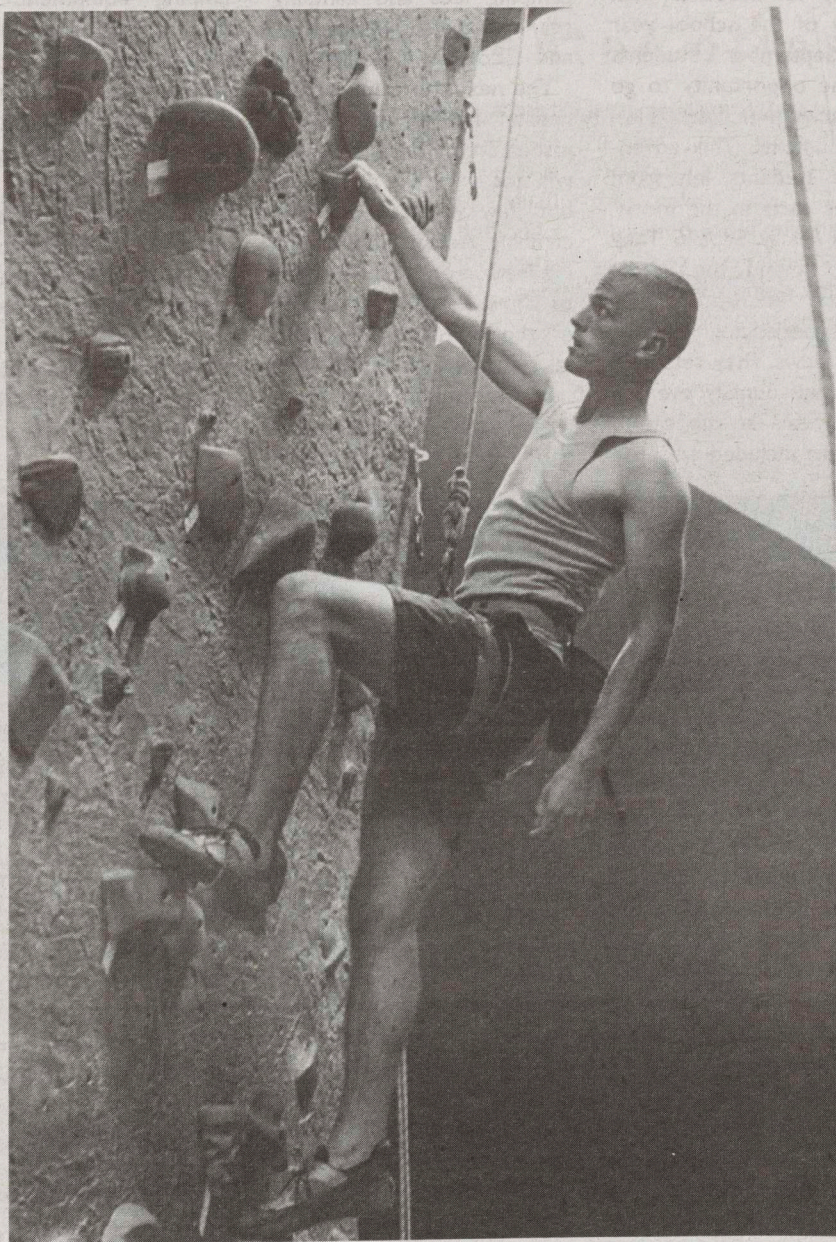
Several membership options are also available.

Many CSUSM students, like Veronica Ramos, enjoy climbing at Solid Rock.

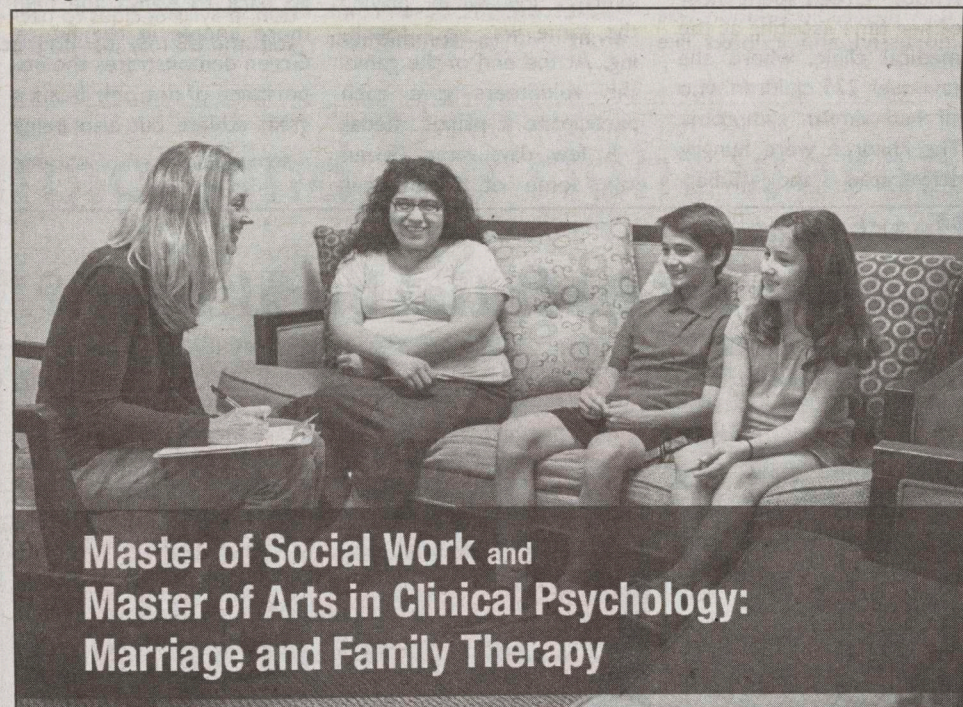
"It is fun exercise and it is rare for me to find fun exercise. Plus, I run into people

from school," Ramos said.

The gym is open seven days a week, from noon to 9 p.m. weekdays, 10 a.m. to 9 p.m. on Saturday and 11 a.m. to 7 p.m. on Sundays. It is located at 992 Rancheros Drive in San Marcos.



A climber scales a wall at Solid Rock gym, provided by Richard Brown.



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God First Since 1899



Mary Green in Kenya with the children she became friends with. Photo taken by Kyle Kammer

Athlete leaves her heart in Kenya

Mary Green exemplifies extraordinary community

By JENNIFER HAGER
STAFF WRITER

Mary Green, a member of the CSUSM women's soccer team, takes community service to a whole new level.

This summer, Green and 65 members of the Eastside Christian Church in Anaheim traveled to Nairobi, Kenya for ten days. The short trip made a large impact by connecting with over 1,200 children in amazing ways.

The group built a new kitchen, culinary school and opened a new medical clinic at a local boarding school. Green spent most of her time assisting at the medical clinic, where she saw over 275 children who all had similar symptoms. The children were hungry, dehydrated and suffer-

ing from local air pollution. Green was overwhelmed with the feeling that there was nothing she could do to help them feel better.

While patients waited in line to be seen by the doctors, nurses and EMTs, Green taught the children how to play leapfrog, charades and tag. Green also prayed with the children, and she even had the opportunity to play her sport with them.

Green's favorite part of the soccer experience was seeing a few kids who had cleats offer to give their friends one of them. Some even played in sandals. Watching the kids express joy while playing the game was very touching. At the end of the game, the volunteers gave each participant a plastic medal.

A few days later, Green saw some of the soccer

kids. They showed her that they were wearing their medal under their clothes and had never taken it off.

A very special part of the trip was when Green met a little girl named Grace. She had been sponsored by the Green family for quite some time. Green taught Grace how to blow a bubble with gum and how to jump rope. They continue to write letters to each other.

This trip made Green realize how we all take the littlest things for granted. It also confirmed her desire to continue her education in the medical field so that she can go back to Kenya and help more people in the future. Green demonstrates the importance of not only being a great athlete but also being a strong member of society.

Heart Beat

Getting an essential breakfast

By RACHEL GALLEGO
STAFF WRITER

The first thing you should do when you wake up in the morning is take the time to eat breakfast.

Many do not realize why breakfast is the most important meal of the day. A healthy breakfast not only can give you more energy, but it can also help control weight and improve performance.

Studies have shown that by eating a healthy breakfast, you are enhancing your memory and concentration by fueling your brain.

It is important to realize that eating breakfast does not mean donuts and coffee, but rather one, like WebMD recommends, that consists of protein and whole grains.

Protein helps to make you feel fuller, and fiber has been linked with better concentration and energy. Researchers suggest that people who consume a healthier breakfast have more



energy throughout the day.

It's especially important for athletes to consume a healthy breakfast so that they can get the fuel needed for high quality workouts, whether it is in sports or hitting it hard at the gym.

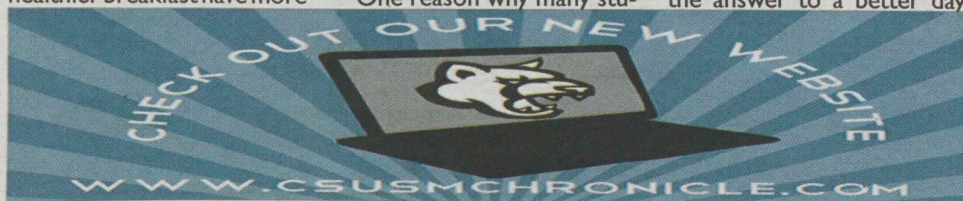
Skipping breakfast can also rob your body of important nutrients that are essential to your health and optimal performance. A hard training session can leave a student athlete who has poor nutritional practices with no energy to tackle their studies.

One reason why many stu-

dents skip breakfast is to cut their calories. Studies have proven that this not effective way to tackle fat loss goals.

It has been documented that people who eat breakfast feel less hungry throughout the day, as opposed to breakfast-skippers who tend to eat more at lunch and dinner. Skipping breakfast sends the body into fasting mode, which increases the body's insulin response that leads to stored fat.

Making the time to have a healthy breakfast could be the answer to a better day.



Sports Commentary: Abs are made in the kitchen

By BRANDO CASINO
STAFF WRITER

No matter how much a person works out, they can never out-exercise a bad diet.

Let's say that you workout everyday, go to the gym, run a mile and mix in some weight lifting. What do you do after your gym session? Surprisingly, most people reward themselves with food after workouts. They grab a burger, milk shake or medium fries.

Hate to burst everyone's bubble, but that is not going to cut it. These bad habits will actually inhibit a person's ability to achieve quick results. We are all familiar with

the cliché saying 'you are what you eat.' It is 100 percent true. When trying to lose weight, eating healthy is key.

Exercising has many benefits, such as strengthening the bones, improving mental health and mood, lowering blood pressure, improving cholesterol, reducing the risk of heart diseases, diabetes, breast cancer, colon cancer and more.

However, exercise is not the only solution for weight-loss.

People have a better chance of losing weight, staying fit and heightening their nutritional intake by placing more focus on their diet. Nutrient-dense foods, like fruits

and vegetables, will help improve muscle regeneration between workouts as well as sustain energy levels. The most effective and beneficial way to lose weight is to incorporate healthy eating habits to an active lifestyle.

If you are interested in learning more about maintaining a healthy diet, there are a plenty of internet blogs that share diet tips, people's life style stories, their daily meals, what they eat, workout regimen and more. All it takes is hard work and motivation to achieve a healthier life. The change will not come easy at first, but it will be worthwhile in the end.

Men's basketball will be playing away games against San Diego State on Saturday, Nov 1 and UCLA on Monday, Nov 4 at 7:30 p.m. to start out the season. Cost is \$7 for single game tickets or \$65 for season tickets. Take the time to show some Cougar pride and cheer these guys on at the away games.

Campus recreation goes wild

By ALISON SEAGLE
STAFF WRITER

The campus recreation department's goal this year is to plan a camping trip for students each month of the school year.

In September, students had the opportunity to go backpacking in the Sierra Mountains. The adventurous students left from campus early in the morning on Friday, Sept. 6. They got to spend the whole weekend hiking, camping and experiencing breathtaking views. They returned to campus Sunday evening.

The meals at the campsite were included with the

trip. In addition to hiking, students also participated in activities led by the outdoor recreation staff. The \$75 cost of the trip included the transportation, permits, camping fees and camping gear like tents, sleeping bags and cooking equipment.

The next trip campus recreation has planned is to Joshua Tree. There, students will not only hike and camp, but they will also be rock climbing. Actual rock climbing instructors will be there to show the Cougar campers the ropes. The trip will be taking place Oct. 4 through 6.

In November, Anza Borrego will be the last destination Cougars travel to for

the fall semester. From Nov. 2 through 3, students will have the opportunity to do some desert camping and hiking.

The \$45 fee will include transportation, food and camping equipment. Sign-ups for that trip will begin Oct. 14. These trips are planned for small groups of students, so the limited spots fill up quickly.

More information about these trips and other events can be found by visiting The Clarke or checking out the Campus Recreation website

<http://www.csusm.edu/rec/index.html>.



Photograph of the last camping experience, courtesy of CSUSM Campus Recreation Department.

Fact, fantasy mix in classes

BY AMANDA LENOX
STAFF WRITER

Disney, Harry Potter and folklore are among the subjects professor Linda Pershing teaches. She talked about her career in this interview.

Q: What is your educational background?

A: B.A. in Religious Studies from Occidental College M.A. in Religion and Society from Princeton Seminary Ph.D. in Anthropology and Folklore Studies from University of Texas, Austin

Q: How did you decide your field of study?

A: I was attracted to the study of folklore because of its focus on everyday expressive behavior and cultural traditions. Rather than formal, institutional culture and systems of knowledge, folklore is the vernacular, informal and often unrecognized artistic and expressive behavior that people use to convey their sense of identity and their ideas about the world around them.

Q: Is there anything you are currently researching?

A: Yes, I've been working with a wonderful group of very motivated and very smart students on the folklore and culture of Harry Potter. We dedicated all last spring to doing an in-depth analysis of the many aspects of J.K. Rowling's magical world, and they are working with me this semester to develop a new course on Harry Potter, which will be offered for the first time in Spring 2014.

Q: How did you end up at CSUSM?

A: I grew up in Los Angeles and feel most at home in California. I was a faculty member at the State University of New York (SUNY) Albany for nine years, but I wanted to move back to California to be closer to my family. In 2001, I was hired as the first tenure-line faculty member in Women's Studies.

Q: What classes do you usually teach?

A: I teach a variety of interdisciplinary courses (ID) about the politics of culture. For example, this semester I'm teaching a course on deconstructing Disney Animated Films. I also teach



Professor Linda Pershing will be teaching a class on Harry Potter in the spring. Photo by Amanda Lenox

courses about education as social transformation, social change movements, film and media, and I'll be teaching the new course on Harry Potter folklore and culture in the spring.

Q: What do you like about teaching?

A: I made the decision to pursue a Ph.D. and become a university professor because I love working with students and I love to teach.

For me, education is the key to changing the world and making it a better place, one in which all people are valued and protected. Much of my work focuses on social justice, and all my teaching includes a feminist and social justice perspective.

Q: What do you hope students learn from taking your classes?

A: First, I want students to learn to ask the deep and

often troubling questions about social structures and hierarchies of privilege and power. Critical thinking skills are central to my courses. I also work with students to develop their sense of curiosity and self-worth, and their determination to give back to the community.

CSUSM is in the process of nominating faculty members for the 2013-2014 Faculty and Staff Award.

For information on how to nominate an outstanding faculty member, please visit their website at

<http://www.csusm.edu/president/awards/>

If you would like to see another professor featured in The Cougar Chronicle, send us an email at

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There is help when you cannot find the right words

The Writing Center offers new consultation options

BY TATIANA ZAVODNY
FEATURES EDITOR

Students looking for help revising academic papers have an amazing resource at the Writing Center on campus.

Located in the library in Kellogg 1103, the Writing Center provides California State University San Marcos students a place to discuss and revise their essays. The Writing Center's diverse staff includes GEW instructors, as well as undergraduate and graduate students, in various departments at the university.

The large number of writing tutors allows for a wide range of available times to fit nearly any student's schedule. Appointments usually last 30 minutes and can be scheduled up to two weeks in advance over the phone, via email or even in person.

If scheduling in advance is not your style, stop by on Walk-in Wednesdays. These on-the-spot consultation services are helped on a first-come first-serve basis, so be sure to arrive early.

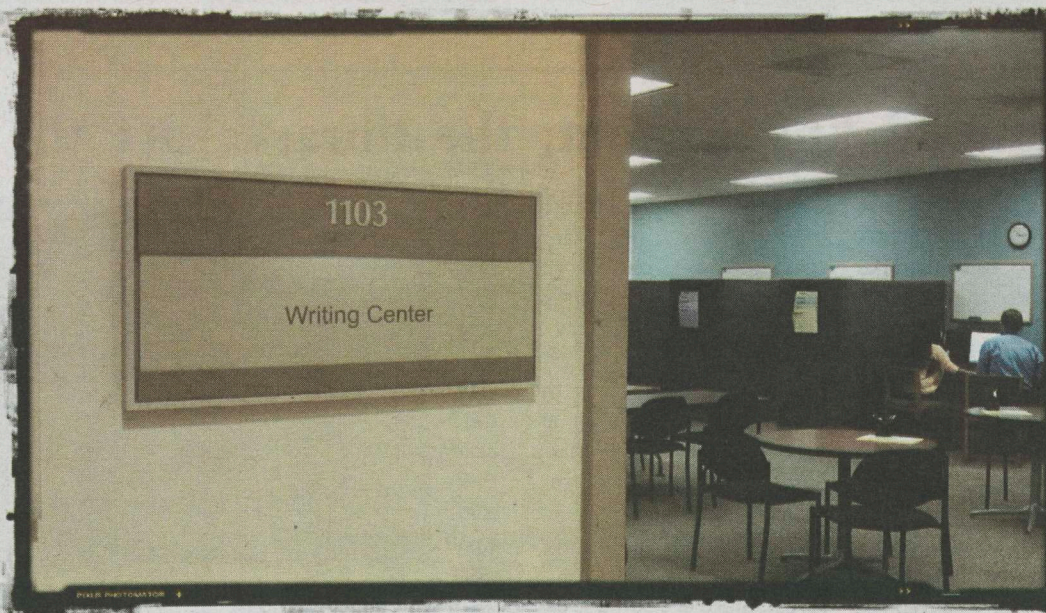
Don't have time to come to campus? Send the Writ-

ing Center an email through their online consultation system. This system gives students two easy options to receive help with their papers.

The first option allows students to upload a draft of their paper to receive a response from a consultant within three to four business days.

The other option, a new feature this semester, allows students to video chat with a consultant face-to-face in real-time from nearly any remote location. All students need is a webcam, microphone and Internet connection to partake in this consultation option.

"Since we are a commuter campus, this is great for students who can't drive here to



make an appointment," Amy Salisbury, Assistant Director and Workshop Coordinator at the Writing Center, said.

Before attending an appointment, students are encouraged to consider which aspects of their writing they would like to improve.

"Try to think of three to four specific questions about your writing that you have so we can help you in as focused a way as possible," Salisbury said. "The appointment time should be directed by the student, not the consultant."

In addition to the one-on-one tutoring, the Writing Center offers numerous other resources for students including the Writing Center Workshop Series. There are 12 workshops in a sequence, designed to reflect the writing process, from preparing a topic, to conducting research and finally putting the finishing touches on a revised essay.

"The workshops further emphasize how [the Writing Center is] looking to help students of all levels, of all

Through the Writing Center website, students can view entertaining video clips of professors from various departments on campus discussing the college writing process and tips for writing academic papers.

The Writing Center is also equipped with 10 computers that students can use at any time without scheduling an appointment to work on their papers. There is also a convenient printing station.

So how much will all of these services cost students?

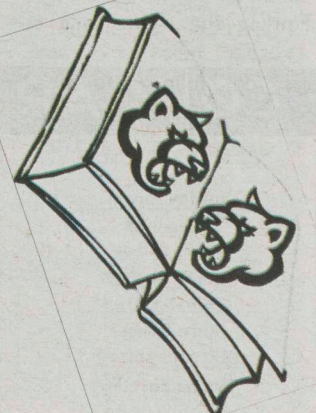
disciplines, at any stage of the writing process," Salisbury said. These workshops are offered on Tuesdays from noon to 1 p.m.

Writing Center services are funded by a small fee each semester through campus fees, and none of their services require an extra charge.

All tutoring sessions, access to computers and workshops are otherwise free for currently-enrolled students. Printing papers, however, does require a small fee comparable to prices on other floors of the library.

"We're here to serve you," Salisbury said. "We want to do everything we can to help you succeed."

To schedule an appointment or find out more about writing workshops, students can call 760-750-4168 or visit their website at <http://www.csusm.edu/writingcenter/>.



What to expect studying abroad

Why Spain's education is 'all or nothing'

BY GLORIA MAGALLANES
STAFF WRITER

Culture shock is the phrase that comes to mind when people ask me about my experience abroad last semester.

I believe that in order to go abroad, students should be aware that it takes a little more effort than meets the eye. Students need to prepare themselves for the adjustment of living in a new country.

The process of applying isn't as tedious as students may presume. As long as you turn in all the required paperwork, you are free to begin your preparation to live abroad. Many students may also be concerned about the price of studying abroad, assuming it is very expensive. In reality, it is not as bad as it seems.

I was relieved to find out that the projected expenses were accurate with my stay abroad in Valladolid, Spain. For those receiving FAFSA, you are fortunate enough to get some of your expenses covered.

There are many other financial aid opportunities if you are lacking funds. The Global Education Office offers a variety of scholarships to apply for, and there is always the option of accepting subsidized loans if necessary.

The amazing thing about studying in Spain is that it is affordable. However, students need to learn how to manage their bank account and budget. Students should save their money for traveling with

friends on the weekends.

American students also have an advantage, being that they are a native English speaker. There are many locals willing to pay to have English speakers tutor them in the evenings, and that extra cash can be helpful.

The university system in Europe is very different from the American educational system. Spanish professors don't assign weekly homework assignments, take roll call, count anything as participation or give midterms. Students are free from homework the entire semester.

Although this might seem like heaven for many, it doesn't really feel like heaven in the last weeks leading up to the final exam.

The professors rely solely on the student's final exam grade, as they have nothing else to base their scores off of. Talk about pressure.

The way they teach is different as well. Professors rarely use PowerPoints or a whiteboard to help with their lessons. They only give lectures. Spanish students also have a different method of writing notes.

Instead of bullet points or summaries of the lectures, they write the entire lecture out, word by word from what the professor says.

There really is nothing similar about CSUSM and the university I attended in Spain. We are accustomed to having our university located on the same property. In Spain, the university is divided into buildings according to the area of study and they are called faculties.

These faculties are dispersed around the city. Students won't see themselves going to the same faculty as a business major if they are studying languages.

Although this may seem strange, in reality it is beneficial. Students get to know everyone in their faculty and it gives them the opportunity to meet local Spanish students in a tight-knit environment. The cafeteria ladies even seem to enjoy the presence of students' familiar faces.

Although all this information might seem like a turn-off, believe me when I say I would do it all over again. Maria Lopez, a fellow CSUSM student, recent returnee, as well as my companion and roommate in Spain, also really enjoyed her experience.

"I absolutely loved it, I feel that as students we should take every opportunity that we have to grow as individuals and studying abroad is one of them," Lopez said.

Studying and living in a different country is such an unforgettable and impacting experience. The people one meets, the places one sees and the overall environment is something that will become a part of that person forever. Students will gain greater understanding about other cultures and customs.

If you are a student thinking of going abroad, don't let the opportunity pass you by. Go abroad. Be bold and courageous. You won't regret it. Pictures of Spain study abroad campus by Gloria Magallanes available online.



The north end of the Las Vegas strip, just outside of the airport, provided by Anne Hall.

Is Las Vegas still the party place for college students?

BY ANNE HALL
DESIGN EDITOR

Most students at CSUSM said "yes" to visiting Las Vegas for an easy getaway when asked if they had any desire to travel there.

However, actually getting to Las Vegas has become the problem. Within the past few years the recession has dramatically affected the economy and the idea of "vacationing" has become a privilege for the frivolous or financially well off. "I don't have plans for traveling because of cost," student Abel Castillo said.

The streets of downtown Las Vegas appear to be mostly filled with people over the age of 30. It seems that the only remains of the college generation are individuals celebrating their legal drinking age and bachelor(ette) parties. So where is everyone?

"I would love to go to Las Vegas for fun but cannot because of time," student Nicole Sears said.

Recent evolutions in entertainment have brought much change to the Las Vegas strip. Students are less interested in the traditional attractions and want to explore other options.

"I have a desire to travel to Las Vegas. They have beautiful rooms and the hotels allow you to have a little taste of world destinations and of different time periods. If you're willing to travel off of the strip you can find some amazing eateries, like in Chinatown or the house turned restaurant named Chicago Joe's," student Chelsey Schweitzer said.

CSUSM students are not the only ones changing their mind about whether or not they should vacation there. Students from the University of Nevada Las Vegas, located less than two miles away from the main drag, would also rather spend time at venues and restaurants located far from the glitter and lights of the strip.

Struggling to survive as they find ways to pay for ever-rising tuition fees, the average college student will find that the real value is finding what has changed and what is new in Las Vegas. Entrepreneurs are now adapting to a new breed of consumers that want more entertainment for less cost.

The Stratosphere Hotel is one of the businesses working to conform to this new generation. Inside the hotel, you can sign up for a golf package, party it up

in any of the various night clubs, and have a drink in the 107 lounge that has the best view of the strip. You can also get your adrenaline rush on Skyjump or any of the other thrill seeking rides above it all at the top of the Stratosphere's tower.

The Popcorn Girl is another unique place to visit with its multitude of flavored popcorns. The Pinball Hall of Fame is located just outside of the main drag and it has been growing in popularity over the years. Even Freemont Street in Downtown Las Vegas still gets a little bit of the same attention it got in its golden years with its more affordable hotel prices and free drinks.

According to the Las Vegas Convention and Visitors Authority's GLS Research, Southern California visitors don't care so much about gambling but visit for the lounge performances, theatrical entertainment and to cruise the bars and nightclubs. 97 percent of SoCal visitors report being satisfied with their choice of experiencing Las Vegas and claim to be very likely to return soon. It looks as if Las Vegas will remain a vacation hot spot as long as they continue appealing to evolving consumer preferences.

Study spots you should know about: the library isn't the only place to go

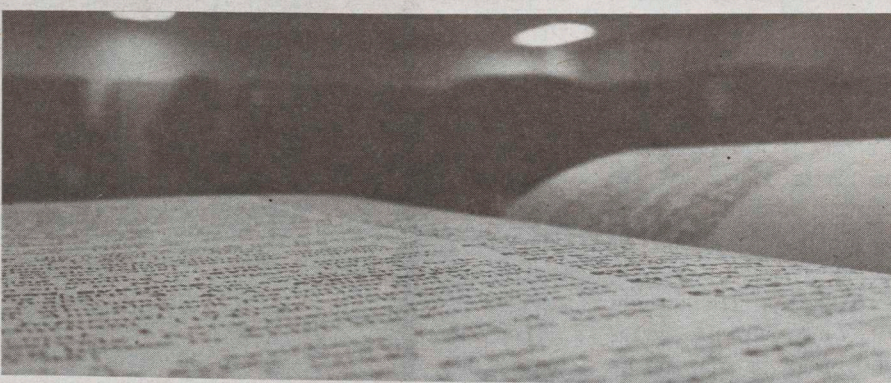
BY RICO PALMERIN
STAFF WRITER

CSUSM is jam-packed with various unique places to study, not all of which are as obvious as the campus library. Some students enjoy a bit of noise to help to keep the energy up. For these students, the third floor of the library is always echoing with the clicks of keyboards and the shuffle of papers. The cafeteria, which is located in the Dome, can get pretty noisy, if serious levels of audio are suitable. Finding the right place to

sit down and review for that big exam may be the greatest barrier to studying. Take one step into the CSUSM library, and it's clear how difficult it can be to find a seat or empty table. What is less obvious are the numerous study areas available on the fourth and fifth floors. Each floor provides students with several isolated study rooms and tables. Students like Savannah Czyzewice noted the third floor of the library as the most popular and easily accessible study spot, but said that it is "way too loud." Students looking for less

distractions need to head to the fifth floor. It has a large reading room, perfect for those seeking pen-drop silence. If a hint of scenery is comforting, there are also plenty of tables lining the windows as well as an assortment of comfy chairs. Students may want a more scenic view to get in the zone. While CSUSM is not exactly placed within a forest, there are some great spots to soak up some sun and breath in fresh air. Inside the Founder's Plaza, there are plenty of open benches and tables exposed to the aromas of the Campus Coffee

shack. Down the stairs, towards the library, there is a small platform with benches and shade. Behind the Academic Hall lies Palm Court, and if noise isn't as big of an issue there are always the tables outside Starbucks or the Big Cat Bistro.



When all else fails, students should feel free to slip into an empty classroom, computer lab, tutoring centers or befriend one of the lonely benches sitting besides any building. Little Hint: CSUSM's

website provides lists of open-access computer labs, tutoring centers and an option to reserve a study room for you and your friends. Photo provided by Anne Hall.

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Our Website: csusmchronicle.com
Office Phone: 760 - 750 - 6099
Office Fax: 760 - 750 - 3345
Our office is located in Craven 3500

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Exploring human identity through film

ASI Community Centers hold special movie screenings

By FAITH ORCINO
A&E Editor

"A Lot Like You"

Eliachi Kimaro's critically acclaimed documentary arrives on campus on Monday Sept. 30, at 6 p.m. In the film, Kimaro, a woman of mixed races, explored her father's culture and traveled to his home country of Tanzania. As she recorded her journey, it took an unexpected

turn when she sat down with her extended family members, including her aunts.

Kimaro discovered a dark history of inequality and violence between the men and women in the area, while also finding a separation between those in the village and those born in other countries.

The project transformed Kimaro and her team as they worked. On the website for the film, Kimaro

says that she "had to assume the role of storyteller."

While it was about her father's family back in the Chagga tribe of Tanzania, it was also her story of understanding her own cultural identity.

A reception will be held early, at 6 p.m., and the movie will begin at 7 p.m. at the Clarke Grand Salon where you can meet with Eliachi Kimaro. For more information

and to view the trailer, visit <http://alotlikeyoumovie.com>

"Melting Away"

On Wednesday, Oct. 3, the LGBTQA Pride Center, along with the San Diego Jewish Film Festival and the CSUSM student organization Hillel, will host a movie screening of "Melting Away." The film, directed by Doron Eran, deals with an Israeli family struggling with gen-

der identity and later illness.

After finding their son's secret that he is transgender, the parents decided to abandon him. It would be four years later that as the father is sick with cancer, the mother requests a private investigator to find her son.

The search would lead to a performer in a club named Anna, who is actually the son. Later she decides to visit her father as

a private nurse without revealing her past identity.

Purchase tickets for this event through the Lawrence Family Jewish Community Center either online <http://tickets.lfjcc.org/> or at 4126 Executive Drive La Jolla, CA 92037. Tickets are \$5 and free parking will be available in Lot N off of Campus Drive, next to the parking structure. The movie will be shown at 7 p.m. in Arts 240.

Music spotlight features Chuck Allen

By KATIE AGNER
Staff Writer

Sometimes it's better to live in the moment and take life one step at a time.

That is Chuck Allen's philosophy. Nowadays, it's all too easy to get tangled up in stress. It's tough to balance time between class, work and social life.

Allen serves as the media production and classroom

technology lead on campus.

However, he does more than just manage all of the CSUSM servers and technology. While that is hard work by itself, Allen also finds time to feed his passion: music.

"The best thing about music is getting to push yourself," Allen said. "You're in a place where you're completely not thinking, doing your thing in that moment. Modern life is so complicat-

ed. We're always multitasking or getting distracted. I think doing one thing well is healthy for the mind."

Allen is not an exclusive performer by any means, playing at clubs, private parties and even corporate events. He plays in many bands in San Diego, including, but not limited to: classic rock band Black Canyon and the jazz group Mirage.

As a versatile musician,

Allen plays a wide variety of instruments and style.

"I play whatever the gig needs me to play, whether it be classic rock, disco, funk, jazz or Top 40," he said.

While proficient with keys, guitars and drums, Allen's specialty niche is bass and vocals. With at least five gigs a month, Allen has plenty of experience and a lot of opportunities to showcase his talents.

Allen got his start playing the organ when he was young, and then played in different bands in high school. Now, he has over 30 years of experience as a musician.

To any aspiring musicians, Allen recommends playing music that you like.

"You'll get more out of what you like. If you play what you like, you'll do it more and you won't get bored," he said.

"The most import-

ant thing is to have fun. You have to be good at it, hard-working, and a talent element is definitely needed.

"Don't be too hard on yourself, either. It's easy to feel awkward in the beginning, but be easy on yourself. If you have the talent, you'll get better."

For more of Chuck Allen, visit his website http://www.reverbNation.com/artist_2007888.



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STUDENT A: "ATTENTION" BY FAITH ORCINO



Cougar Shuffle

Have you heard?

By VALERIA GIRONAS
STAFF WRITER

Hey Cougars! Have you guys heard the songs that everyone is talking about or even singing? Well here are a few songs you can add to your playlist!

"Wrecking Ball"

by Miley Cyrus

Despite people criticizing Miley on her performance at the VMA's, her new song has been one of her biggest hits. Her video has also been the talk of the town, but you can't judge her because its her personality.

"ROAR"

by Katy Perry

This is such an inspiration-

al song. Katy tells everyone through the song that even when someone knocks you down, you have to be strong and get right back up. You have to stick up for yourself and not let anyone put you down. Props to Katy for that song!

"Hold On We're Goin Home" by Drake

This song has been one of Drake's biggest hits. His new CD, "Nothing Was The Same," dropped on Sept. 24. Drake told MTV that this song is meant to be played at weddings in ten years.

"Applause" by Lady Gaga

Lady Gaga is one of the few celebrities who really uses her complete imagination in her work. The song

"Applause" addresses what many people think of "celebrities" today, that they all do it for the attention. But Lady Gaga is in this business because she wants to know that her fans are pleased, that the applause after a show shows her that they are satisfied with her performance.

"Blurred Lines"

by Robin Thicke

This song defines two different sides. 1) That woman can do anything a man can do, if not even better. 2) In every woman there is a bad side to her. "Blurred lines" is between a man and a woman and the attraction towards one another.

The Comic Book Corner – 'Batman: Li'l Gotham'

The lighter side of the Dark Knight's kingdom

By FAITH ORCINO
A&E EDITOR



Photo from dccomics.com

After their first digital release in Oct. 2012, Dustin Nguyen and Derek Fridolfs are still going strong with their series 'Batman: Li'l Gotham.'

The duo tells more playful stories of the characters connected to Batman. They are holiday-themed, concerning a particular holiday per issue.

As said, it started as a digital special, but since this April, printed single issues have been available in print. The seventh issue will be on shelves on Oct. 9.

Nguyen's art is a refreshing break from all the gritty Batman comics. He hand-painted all the covers and inte-

rior art using watercolors.

Both artists worked on the writing, though Fridolfs is also a professional artist. The two have a massive arsenal of characters to use, but it seems they prefer using the older designs and costumes (before the 2011 DC universe reboot.)

Nostalgia comes with every new installment. It deserves an "E" rating for anyone and everyone that enjoys fun filled adventures with their favorite Gotham citizens. Visit dccomics.com or your comic vendor for more information.



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